



Vegetable Lo Mein

Makes 6 1-cup servings



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| 1/3 lb. spaghetti | 1/8 tsp. crushed red pepper |
| 1 clove of garlic, minced | 1-2 Tbls. cornstarch |
| 1 Tbls. grated fresh gingerroot or 1 tsp. ginger | 2 c. low sodium chicken broth |
| 2-3 Tbls. vegetable oil | 3 Tbls. soy sauce, low sodium |
| 1 lb. fresh or frozen vegetables, your choice | 2 onions, thinly sliced |

1. Pre-cook spaghetti.
2. Heat the oil and add the minced garlic and ginger.
3. Stir fry vegetables and seasonings in oil until vegetables are crisp tender.
4. Add crushed red pepper, and cornstarch to vegetables and continue to stir fry for a minute or two, coating the vegetables with the cornstarch.
5. Add broth and bring to a boil.
6. If sauce is not thick enough add a little more cornstarch mixed with $\frac{1}{4}$ cup cold water.
7. Add cooked spaghetti and onions, simmer and heat through.

Nutrition Facts	
Serving Size (220g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 8g	
Vitamin A 80%	• Vitamin C 15%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	